CATALOG DESCRIPTION:
This is a physical fitness class consisting of cardiovascular conditioning, muscle strength, endurance, and proper use of weight machines, wheelchair accessible nautilus machines, and free weights in the fitness lab. The purpose of strength training is to improve an individual’s strength, stability, and coordination. Each student will be evaluated and an individual exercise plan will be developed. At the end of the class, each student will be experienced in individual and group physical activity. Students will be able to apply knowledge to improve quality of life by increasing, strength, stability, coordination and increasing knowledge of life-long fitness and activity. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

JUSTIFICATION FOR COURSE:

PREREQUISITES:
- Permission of instructor required.

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:
Physical education

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00

CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

GRADING POLICY: Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

BASIC SKILLS STATUS: Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable

NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [X] Yes [ ]

GE AND TRANSFER REQUIREMENTS MET:
CSU GE Area E: Lifelong Understanding and Self-Development
   E2 - Activity Course
COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. demonstrate the use of various equipment that can be used to improve overall fitness.
2. demonstrate an understanding of weighted exercise and safety techniques.
3. demonstrate proper form when lifting weights as well as using the assisted weight machines.
4. identify which exercises benefit his or her individual needs based on ability and goals.

COURSE OBJECTIVES:

1. Demonstrate an understanding of the values of strength training exercise.
2. Demonstrate an understanding of weighted exercise and safety techniques.
3. Demonstrate the use of various equipment that can be used to improve overall fitness.
4. Analyze which exercises can best benefit his/her individual ability, needs and goals.
5. Correctly perform exercises on circuit training equipment.

COURSE CONTENT:

LECTURE CONTENT:
LABORATORY CONTENT:

I. Orientation
   A. Nautilus orientation and discussion.
   B. Physical demonstration on use and safety of equipment and exercises.
   C. Flexibility exercises

II. Analysis of individual program and needs.
   A. Appropriate exercises to strengthen muscles
   B. Appropriate stretches to do after individual exercise programs to improve flexibility.

III. Individual exercise program
   A. Use of developed program e.g., wheelchair program
   B. Evaluation of progression
   C. Reevaluate goals if necessary

IV. Evaluation procedures
   A. Self evaluation and measurement (on individual workout sheet)
   B. Teacher evaluation and measurement.
   C. Confirmation of measurable progress.

This is a physical fitness lab class developed to improve muscle flexibility and strength through low and/or no-impact exercise. Students will work with the instructor to develop an individualized exercise plan using the equipment in the fitness lab.

METHODS OF INSTRUCTION:

A. Lab:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Out-of-class Assignments

Lab only course

Writing Assignments

The students will demonstrate and apply the use the exercise equipment in an independent and safe manner. They will demonstrate their use of the individual exercise programs designed to help them gain strength, flexibility and confidence.
METHODS OF STUDENT EVALUATION:
Skills Demonstration

Demonstration of Critical Thinking:

Demonstration and application of skills needed to safely use the fitness equipment. Students will also learn the need for strength and flexibility to accomplish positive improvement. This course allows students to analyze their needs and ability to expand their knowledge of life long fitness.

Required Writing, Problem Solving, Skills Demonstration:

The students will demonstrate and apply the use the exercise equipment in an independent and safe manner. They will demonstrate their use of the individual exercise programs designed to help them gain strength, flexibility and confidence.

TEXTS, READINGS, AND RESOURCES:

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files